

# Good Nutrition for Healthy Living

## South Dakota Senior Meals Program

### Well-nourished people have:

- ♦ Longer, healthier lives
- ♦ Fewer health complications
- ♦ Lower health care costs
- ♦ Faster healing
- ♦ Shorter hospital stays

### Senior Meals

To obtain the nutrition necessary for healthy living, people age 60 or older and their spouses can eat at Senior Meals sites throughout the state. Senior Meals are served in a group setting such as a senior center or community building. Senior Meals can also be delivered to individuals who are homebound.

### Senior Meals offer:

- ♦ Hot, nutritious meals every weekday which meet one-third of an older person's dietary needs.
- ♦ Affordable, delicious meals offering a variety of food.
- ♦ An opportunity to meet others in a group dining atmosphere.
- ♦ Social contact for those who are homebound.
- ♦ Daily fellowship for an active and healthy lifestyle.

### Meal Guidelines

- ♦ 2.5 oz. of meat or alternative
- ♦ 2 (1/2 cup) servings vegetable/fruit
- ♦ 1 slice of bread or alternative
- ♦ 1 tsp. fortified margarine
- ♦ 1/2 cup dessert
- ♦ 1 cup of milk

### Volunteering for Senior Meals

#### Why volunteer?

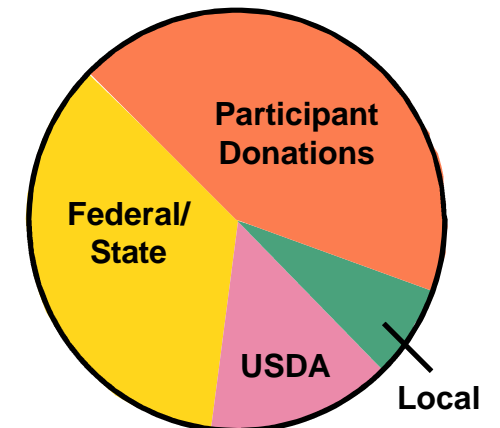
- ♦ Help others.
- ♦ Meet new friends.
- ♦ Personal satisfaction.

#### How can you help?

- ♦ Deliver meals to shut-ins.
- ♦ Take reservations
- ♦ Serve and package meals.

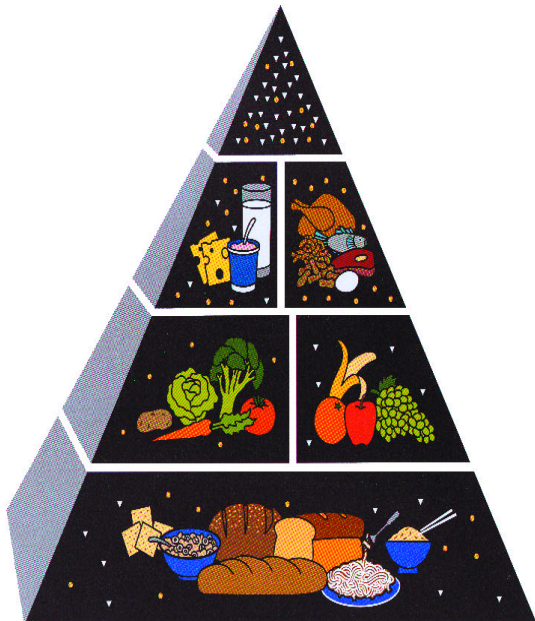
### Funding

Funding for Senior Meals is a joint effort between federal and state governments, community support and participant donations. Participants are encouraged to donate what they can afford. Food Stamps are accepted.

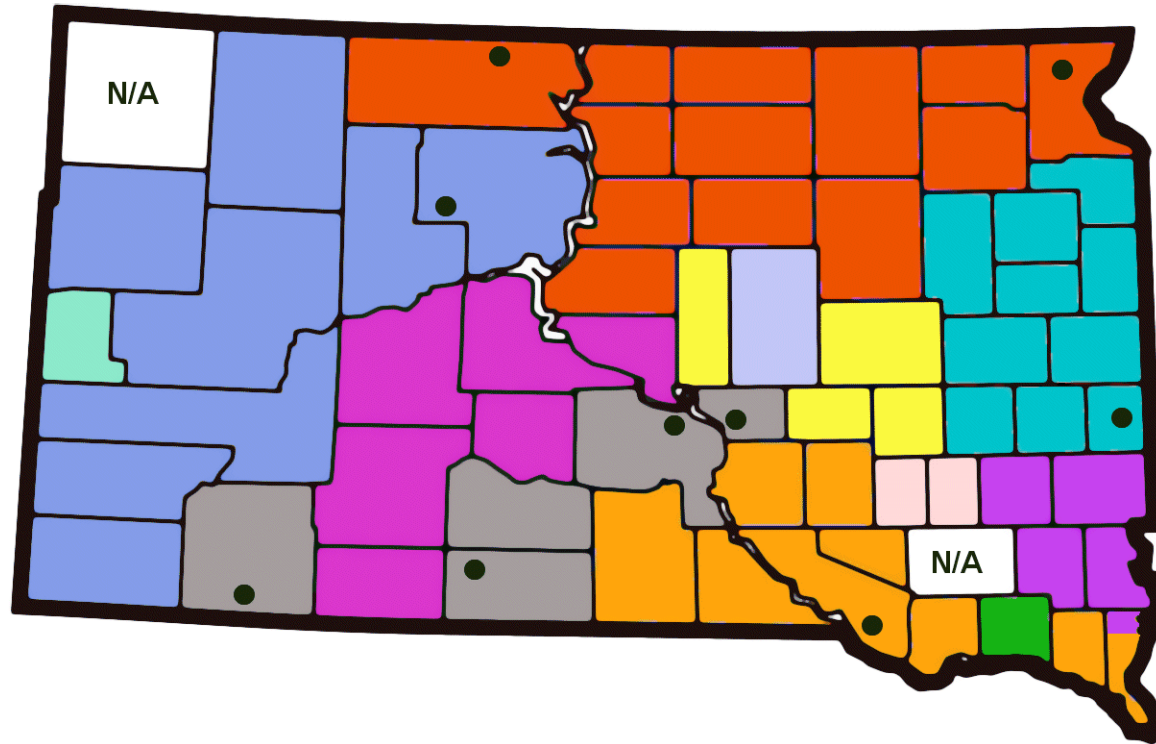


### Where to Go

To make a reservation for Senior Meals one day in advance or to purchase meal tickets, contact your local Senior Meals site. (See phone numbers on back.)



# Senior Meals Area Offices



605-394-6002	605-853-2869	605-487-7635
605-642-6613	605-256-6518	605-336-6722
605-685-6642	605-995-8440	605-665-1055
605-352-6091	605-229-4741	

\* N/A: Senior Meals are not available.

## Tribal Meals Areas

- **Eagle Butte:** 605-965-8056
- **Fort Yates, ND:** 701-854-3846
- **Fort Thompson:** 605-245-2140
- **Pine Ridge:** 605-867-5821
- **Rosebud:** 605-747-2960
- **Agency Village:** 605-698-9023
- **Flandreau:** 605-997-2924
- **Marty:** 605-384-3641
- **Lower Brule:** 605-473-5685

## Adult Services & Aging

700 Governors Drive  
Pierre, SD 57501-2291  
605-773-3656

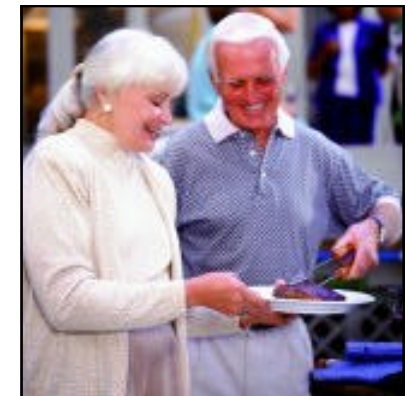
## Visit us on the Web at:

[www.state.sd.us/social/ASA/nutrition](http://www.state.sd.us/social/ASA/nutrition)



South Dakota

# Senior Meals



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Department of Social Services  
Adult Services & Aging

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